



HEALTHY EATING EDUCATION POLICY

Rationale

- The incidence of overweight and obesity in children and young people in Australia has increased dramatically in recent years, with one in four children overweight or obese. This has serious long-term and short-term health consequences. Excess weight gain in children is usually a result of eating too much food or the wrong type of food, combined with low energy expenditure – doing too little physical activity or being inactive for too much of the day.
- Nutrition is particularly important in the childhood years, which are a time of rapid growth and development. Healthy eating and a healthy lifestyle assist children to develop and grow to their potential, thus contributing to optimal educational outcomes and a healthy adult life. Furthermore, nutrition during childhood is also important in preventing lifestyle diseases such as obesity, dental disease, Type 2 Diabetes, hypertension and, in later life, osteoporosis, cardiovascular disease and a range of cancers.
- The Healthy Canteens policy comprises the *Healthy Canteen Kit including the School Canteens and Other School Food Services Policy* and includes information about the ban on confectionery and high sugar drinks, recommended food categories, nutrition programs and suggested student learning.
- School Councils must develop health education policies to support the health messages being delivered within the classroom with the input: students, parents and teachers.

Purpose

- To ensure the school applies a whole-school approach to health education, with teachers playing the central role in the education of students.
- If applicable, to ensure the School Council manages the canteen in line with legislation.
- To ensure Mackellar Primary School complies with DET policy and guidelines.

Implementation

- The school will aim to develop a culture in which students actively choose nutritious foods and a healthy lifestyle.
- As part of the Health and Physical Education domain of the curriculum, the school will promote healthy eating.
- School promoted events will follow the Australian guide to healthy eating or the health promoting school framework
- Canteen menu is coloured coded to reflect the healthy eating guidelines – pocket guide
- Healthy Options posters to be displayed around the school and on the school website
- The consumption of sugary drinks will be discouraged.
- This policy applies to school events such as celebrations, the fete and sports activities.
- Please refer also to the school's *Canteen Operations Policy*.

Evaluation

- This policy will be reviewed as part of the school's three-year review cycle or if guidelines change (latest update early September 2014).

This policy was ratified by School Council on August 2016

References:

www.education.vic.gov.au/school/principals/spag/curriculum/Pages/health.aspx
www.education.vic.gov.au/school/principals/spag/finance/pages/canteen.aspx